

AS SEEN BY A WASHINGTON WOMAN

NOW IT'S AN APPLE A DAY.

Just as public spirited folk took up the slogan "Buy a bale of cotton" a year ago to relieve the over-supply of cotton in the South caused by the war, so now a new slogan has been proposed by those who realize the difficulties that will confront the farmers of many States of the North owing to the over-supply of apples. Instead of being urged to wear frocks of cotton we are now urged to "Eat an apple a day," and the women who have espoused this new movement will, perhaps be as eager to serve apples at their boards as were the women who were eager to do their little to help the planters of the South to wear cotton frocks in spite of winter winds.

In New York State alone there are 1,000,000 barrels of apples more than there were a year ago at this time. If only the usual consumption of apples takes place then there will be a dead loss of this enormous over supply of this delicious fruit in that one State—an event that, whatever your economic theories, would be lamentable. If, on the other hand housewives and consumers generally, would make a demand for this fruit commensurate with the supply, the apples would be forced out of the ware-

houses and placed on the market at a lower price than would be prevalent in case the demand is no greater than normal.

The housewife would be the gainer as well as the farmer. And in view of the fact that a good juicy, well-grown apple ranks among the most wholesome of all fruit that grows consumers generally would be benefited.

So add to your slogans this last one: "Eat an Apple a Day."

Take an apple now and then as a between meal. It will soon become a pleasant habit.

If you are the member of the family who plans or prepares the meals seek out a number of apple recipes, revive some of the good old-fashioned apple dishes "that mother used to make," and treat yourself to apple pie, apple dumplings, apple tarts, apple sauce, fried apples and a dozen other delicious dishes that your own imagination will suggest.

Ever one time obeyed the suggestion to eat an apple that brought her and her descendants into no end of trouble, but if the daughters of Eve follow this appeal, they will be nothing but good to themselves and mankind.

MARY MARSHALL.

PRACTICAL HEALTH TALKS
Lillian Whitney, M.D.

Dr. Whitney's popular articles on health and beauty subjects in several leading magazines have been attracting marked attention for a number of years. No other writer on similar topics is better equipped for the work, for Dr. Whitney has established an enviable reputation as a specialist and is endowed with the ability to make herself easily understood by her readers. She will answer all letters relating to her department as promptly as possible. All letters should be accompanied by a stamped envelope and should be addressed care of this paper.

Is Your Body Wasting Away?

Marasmus usually means slow starvation brought about by improper methods of feeding. A newborn baby may thrive on the bottle for a few weeks, then suddenly begin to lose weight progressively; it becomes irritable, may always appear hungry or lose its appetite entirely. It may vomit a portion of each feeding, and its stools still look unhealthy. Gradually its extremities become cold and mottled or blotchy looking. The child ceases to grow and presents a most unsatisfactory appearance.

Marasmus is not confined to the poor and to overcrowded, unhygienic city districts. It may occur in any walk of life, especially in its milder forms, when through ignorance, carelessness or lack of intelligent interest children are persistently given food they are absolutely unable to digest. Mothers are frequently heard to protest, saying they procure the best for their babies and still they do not thrive. As many specialists point out, the food in itself may not be at fault, but it is unsuitable for the child. If we have elsewhere called attention to the fact that some children cannot digest cow's milk in any form or modification, yet, despite this, it is persistently fed to the child, who goes from bad to worse until it wastes away to a shadow and nothing can save it.

Many cases of marasmus, or slow starvation due to improper feeding, are mistaken for other conditions, notably for consumption of the bowels. Drugs will be given the little sufferer, while the focus which is causing all the mischief is continued. In the advanced stages of this condition it may be impossible to distinguish between a case that began as uncomplicated starvation and one that began as consumption, especially when the latter disease has also been contracted, as may occur.

In true marasmus, the children become extremely anemic, bloodless, and the body is always cold; usually the temperature is below body heat (98.6 degrees F.) because there is so little blood and so little oxidation going on that heat is not generated. In such cases emaciation is extreme, and the face looks old and wrinkled. While this condition is more frequently seen in babies that are bottle fed, it also occurs in older children, who, upon

being weaned either from the breast or bottle, are given table foods and artificial foods of one kind or another. Children with weak digestions who are nursed may get along fairly well until they are weaned, when the change from the breast to heavier foods breaks them down.

If fresh cow's milk cannot be assimilated, it should under no circumstances be given. The cereal waters with other hygienic means usually prepare the child's digestive apparatus for the management of heavier foods.

Among these cereals, malted gruel is excellent. It is made by adding a tablespoonful of malt extract to one pint of gruel. In a few minutes the gruel will become thin from the conversion of starch into maltose. As everything depends on the feedings, the preparation of gruel is most important. Select the cereal with care; it must be of first quality. For oatmeal gruel use four tablespoonfuls of rolled oats, one-half teaspoonful of salt, one of sugar, and four cupfuls of boiling water. Place all in a double boiler and cook for three hours. If an ordinary saucepan is used, cook for one hour, stirring frequently and adding water to keep up the original amount. Strain carefully to remove all the hulls.

Equal parts of Graham flour and oatmeal make a pleasant gruel. In making barley gruel, use four of barley. When adding malt extract to gruels, they require only half the amount of cooking otherwise needed.

Answers to Queries.

Matilda: You cannot hope to bleach your skin into fairness with a few applications of a bleaching lotion. It requires weeks of constant daily care of the face, with attention to diet, bathing, etc. The following cream, which is also a bleach because it contains cucumber juice, will probably help you most. Rub it well into the face and neck every night before retiring, after thoroughly cleansing the skin: Finely chopped cucumber, 30 ounces; benzoated vaseline, 10 drams; alcohol, 10 drams; lamonin, 5 ounces.

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MARRIAGE LICENSES DECREASE.

Cupid's Register Shows 4,190 Were Issued Last Year.

Cupid's register at the City Hall for the year 1915 closed yesterday at noon with a record of 4,190 marriage licenses issued during the year. This is a decrease of eleven as against 4,201 issued in 1914. Figures prepared by Col. William A. Kroil, the marriage license clerk, show that December was the busiest month, as was also the case the previous year. The past month showed an increase of twenty-six licenses over the same month in 1914, when 47 licenses were granted. The most notable license issued among the 419 in December was that of President Wilson and Mrs. Norman Galt.

RELIEF CORPS WILL RECEIVE.

Department of Potomac Women Will Be Hosts to G. A. R. Today.

The Department of Potomac, Women's Relief Corps, of which Mrs. Mamie Palmer Dorsey is president, will hold a reception this afternoon at Grand Army Hall, 1413 Pennsylvania avenue northwest, from 12 to 4:30 o'clock. Mrs. Dorsey will be assisted by the whole department staff, past national officers of the department and past department presidents. A buffet lunch will be served, and there will be music for dancing. Members of the Grand Army of the Republic will be the guests of honor.

FOLK WE TOUGH IN PASSING

THE WAY OF A MAN.

By JULIA CHANDLER MANZ.

The Man and The First Girl set sail in their ship of love on the sea of bitter poverty and the frail craft was wrecked on the reef of want.

"But," cried his divorced wife when she learned of the change in The Man's fortune, "he will remember now the years of my love, my service and my loyalty, and will make up to me for all that I have suffered."

But when The Man married the second time it was to bring comfort and happiness to a stranger to whom he owed nothing.

(Copyright, 1914.)

When The First Girl married The Man he was earning so small a salary that everybody told her she was doing a very foolish thing. At which she smiled tolerantly and said little save to her intimates to whom she confided that she had rather marry The Man, even if he were a pauper, than the richest chap in all the world.

"For money isn't everything," she exclaimed loftily. "It can't buy love, for instance, and I love The Man."

Whereupon those who had come to maturity through experience smiled satirically, shook their heads a bit sadly, and told The First Girl that they hoped she would not awaken from her fool's paradise.

When first they were married the exquisite tenderness and consideration of The Man made up to The First Girl for his lack of money. She was a good manager—a brave, practical little soul—and her love for The Man was sincere.

She worked untiringly in the little home which he supplied her, and was happy in his praises of her energy and her thrift.

But after a little the drear routine of drudgery began to tell on her spirits. Once in a while The Man came home from his work to find her depressed.

"What's the matter, kitten?" he would inquire affectionately, and The First



"For money isn't everything."

Girl would pull herself together with an effort and assure him that everything was all right.

But it wasn't true.

It never is "all right" in the heart of a girl when day by day and week by week an unremitting succession of homely duties shut her off from her former associates, deprive her of contact with the social life that youth enjoys, and wear her strength down to the ragged edge.

As time went on The Man achieved no greater financial success than when The First Girl had married him, although he worked as hard as she, to be sure, and chafed considerably over his failure to rise in the business world, particularly when it was borne in upon his consciousness that The First Girl was losing the lovely contour of her face and figure, through the strain of unaccustomed labor, and that the once glad light had faded utterly from her eyes.

One day he spoke to her about it, and said he wished that she would take more interest in her appearance.

Whereupon more of bitterness than The First Girl had realized was hers crept into her tone as she flung back at him that every stitch of clothing she had brought with her when she came into his house was now worn threadbare, and for the life of her she didn't see just how he figured that it was possible for her to make a decent appearance on nothing whatever for dress.

"But it doesn't matter," she assured him scathingly, "a kitchen wench doesn't need the clothes of a lady."

The Man walked the streets half the night in a temper, but tempers are in no way effective in earning money, so his anger did no good whatever save to make life a bit more difficult for The First Girl as she grew more bitter and more hopeless in The Man's continuous failures.

Under the stress The Man grew intensely irritable, so that the little time he spent in the house with The First Girl was utilized in quarrels that left each spent, until, at last, The First Girl flung out to him that she could do a deal better herself; was told sarcastically that nothing stood in the way of her trying, and the little ship of love that went a-sailing on a calm enough sea was washed by the storm of adversity on the reefs, where it went utterly to wreck and ruin.

It was some time after The First Girl had proven her ability to make a comfortable living for herself in the work-a-day world that she was told of The Man's great success in a project which she had long ago known that he had cherished.

That night she lay through the dark of the night hours thinking of him, and in the loneliness of her life wishing things might have been different between them.

Suddenly she sprang out of bed and switched on the lights. And in the happiness of a new thought she spent a feverish night.

"Why, of course," she told herself over and over again. "Why, of course he will come for me now. He will reward the years of my youth which I gave into his keeping. He will make up for all the drudgery and sacrifice. It was poverty that jangled his too sensitive nerves and drove us apart. It will be different now, for I have always loved The Man, and I always will."

And so, with a faith that was perfect in its simplicity, The First Girl went to her office that morning with a song in her heart, and a smile in her eyes.

A month later The First Girl read a sensational newspaper account of The Man's sudden climb to fortune and his brilliant marriage to The Second Girl, and when she had come to the end of the account of the beautiful wedding, memory carried her back over the splendid years of her own youth which she had given in uncomplaining service to The Man in the years of his poverty, which obviously he had quite forgotten when at last fortune smiled upon him.

So it was that the love that once The First Girl had given The Man lay down with her faith in human nature—and without a struggle for life they met their death in her heart.

Dulin & Martin Co.
Closed
New Year's Day

As we herald the advent

of a new year we

extend a cordial

Greeting—

A Happy New Year

To All.

Dulin & Martin Co.

1215 F St. and 1214-18 G St.

FAMOUS WOMAN, HER BIRTHDAY AND YOURS

By MARY MARSHALL.

January 1—Maria Edgeworth

"Ouida."

Two authors of wide but different types of fame were born today. Louise de la Ramee, better known under her pen name "Ouida"—a childish pronunciation of Louise—and Maria Edgeworth.

Louise de la Ramee was born in England in 1840 and began to write when she was about twenty. At that time she went to live at London with her grandmother and mother. Her first novel, published in 1862, was "Held in Bondage." Her works, which were very popular, are of an exciting, sentimental sort.

Maria Edgeworth, the other literary birthday patron of New Year's Day, was born in 1767, and began for herself a place among the foremost writers of the English language. She was born in Ireland, and acted as her father's assistant in the management of his business estate. He, too, was a writer, and under his guidance she put down in simple language the life of the peasants with whom she came into contact as his assistant. Their work together for so many years was delightful—it was a "literary partnership" which for so many years was the pride and joy of my life," wrote her father.

Miss Edgeworth was one of the first writers to see in the simple life of simple people a chance for literary achievement. Sir Walter Scott, in the preface to Waverley, said that he was trying to do for Scotland what she had done for Ireland, and the great Russian novelist, Turgenyev, said that his studies of the peasants of his country were suggested by Miss Edgeworth's books. "Belinda" is considered one of her best books.

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HOROSCOPE.

"The stars incline, but do not compel."

Saturday, January 1, 1916.

This is rather a favorable day, although the forecast for the new year is sinister and threatening. Early today Venus and Saturn are in benefic aspect, while later the Sun, Jupiter and Mercury are friendly. Uranus is adverse and Saturn changes to evil away.

Women have the best leading while this configuration lasts. There is an especially promising indication for love affairs in which the middle-aged are concerned. It is a rule under which to make appeals for support, both financial and moral, in important matters.

Authors should benefit. They have the prognostication of a twelve months in which they will gather power and find extraordinary inspiration.

Lawyers have a fortunate direction. The future promises much activity and many honors for members of their profession.

The outlook for peace is not encouraging and the seers declare that the war is likely to continue for two years, although the coming spring will bring many overtures for arbitration.

Holland, Norway and Sweden are likely to become involved in the world conflict, and again it is foretold that the Dutch people face possible conditions similar to Belgium.

This will be a threatening month for Germany. The death of a high dignitary is predicted.

England will not find the next few weeks favorable. Illness in the royal family is probable. An air raid more serious in results than any preceding one is read in the position of Uranus.

Congress comes under a direction foreshadowing much dissension, especially on appropriations. Scandals and party quarrels are to be expected.

Canada has the promise of good business in many of its cities and a unifying of public spirit. Fame for an aviator is likely to be gained soon by a deed of brilliant heroism.

Persons whose birthdate it is have a happy augury for the year. Money and business affairs should be under satisfactory direction.

Children born on this day should be successful in whatever they undertake. Boys may be rather reckless in speculation, but they will rise in life.

(Copyright, 1915.)

TOMORROW'S MENU.

"Unquiet meals make ill digestion."—Shakespeare.

BREAKFAST.

Grapefruit.
Oval and Cream.
Orange Omelet.
Graham Gems. Coffee.

DINNER.

Cream Tomato Soup.
Oat Turkey.
Rice Croquettes.
Cauliflower au Gratin.
Current Jelly.
Grape Salad.
Caramel Ice Cream.
Macarons.

SUPPER.

Fried Oysters.
Lettuce Sandwiches.
Cake.
Canned Fruit.

Orange omelet—Remove the skins from two oranges and cut into thin slices. Remove all seeds. Pour over it one teaspoonful of lemon juice and two tablespoonfuls of powdered sugar. Make an omelet and when it is ready to fold, lay half of the orange slices on it, fold, and serve the rest around the completed omelet.

Cauliflower au gratin—Boil a cauliflower and separate into small pieces. Place in a buttered baking dish, and cover with white sauce. Sprinkle with grated cheese and buttered crumbs and bake until just brown.

Fried oysters—Use good sized oysters. Dry them thoroughly, dip them in fritter batter, and fry brown in deep fat. Garnish with lemon and parsley and serve very hot.

The Store Will Remain Closed Today.

Woodward & Lothrop

New York—WASHINGTON—Paris

To the Public of Washington: Greetings.

With the closing of another year it seems but fitting and proper that we give expression to the thoughts that possess us in the general summing up of the business for that period.

It has been a year of most unusual conditions, never before equaled in American history. It has been a year in which the superior merchandise facilities of a house of this character has emphasized the position it has long occupied in protecting its customers from the mass of inferior merchandise that has flooded the marts of trade.

Notwithstanding the unsettled conditions of manufacturing centers in the Old World, we were never short of reliable merchandise. Our foreign organization, directed from our Paris office, has kept our stocks amply replenished with the needs from abroad, and our domestic manufacturers have contributed their share in a measure that has been beyond criticism.

Our buying policy differs from that of many houses, for no merchandise is alluring to us simply because it is offered at a reduced price. We depend upon a superior organization of efficiency to secure the best for our customers at the fairest price. We never lose sight of the importance of quality.

A low price here is never made by skimping quality. And quality here means merchandise that possesses satisfactory wearing qualities to the end. So that in no year has there been such an actual need of intelligent discrimination, for real ability in selecting and buying, as the one now closing, and has made this

—A Store of Better Service

—A Store of Real Helpfulness

Looking back on the old year we find many things to be thankful for and that merit our fullest appreciation:

We commend most heartily the action of the various Citizens' Associations in giving their full and strong support to the movement looking to the improvement of the advertising in Washington.

We have never lost faith in the belief that the public wants accurate statements about the articles that are offered them, and they are beginning in more ways than one to show their approval of such a policy.

It is deeply gratifying to us that we handled the largest Holiday Business in our history easier, with less confusion, less mistakes and with the greater efficiency that the added years continue to bring us. For all of this especial thanks and appreciation are due and are here extended to our store family for the enthusiastic, conscientious and painstaking manner they have served you—our friends and patrons.

Looking forward to the New Year we have every confidence in the proper guidance and continued success of the national affairs of state, the improved local conditions and the opportunity it will afford us in demonstrating to you the benefits that you have brought to yourselves in your splendid support of our efforts to provide only trustworthy merchandise at uniformly reasonable prices.

We fully realize that the coming year is to be the greatest test in our career, but you will not find us wanting. The "Woodward & Lothrop" reputation for quality, with consistently lowest prices possible, is built on the solid rock of dependability, for the merchandise we offer must give satisfaction, no matter what the price.

In conclusion we take this opportunity of expressing

To One and All—

Our Patrons, Friends and Employees,

Best Wishes for the New Year.

May the year 1916 be the best in your history.

Woodward & Lothrop